



Holy Family Halewood

Year 5 and 6 – Personal Development
Theme: Health and Wellbeing
Topic: Physical Health and Mental Wellbeing



Learning Objectives

To understand how sleep contributes to a healthy lifestyle, the strategies and how to maintain them.

To recognise the benefits of being outdoors and in the sun for physical and mental health how to manage risk in relation to sun exposure.

To understand how medicines can contribute to health, including allergies and that some diseases can be prevented by vaccinations and immunisations.

To understand the impact of bacteria and viruses, how they can prevent the spread of them through good hygiene, understanding the importance of shared responsibility.

To recognise physical changes in their body that could be linked to illness (unexplained weight loss, fatigue, etc) and how to seek advice when they are concerned.

Who can help me?

A trusted adult at home or at school.

The school nurse

My GP (local doctor)

NHS Website

<https://www.nhs.uk/change4life/activities>

--

Key Vocabulary

Sun exposure – having skin that is open to the sun's rays without protection.

Vaccination – A medical preparation that protects a person from an illness by making them immune

Bacteria – very tiny, one-celled organisms which need nutrition from their environment. Sometimes, these nutrients are from the human body.

Virus – very small particles that can infect animals and plants and make them sick

Fungi – is a germ that lives in warm, dark, damp places. Example of a condition caused by fungi is Athlete's Foot, which is where your feet become all flaky and itchy.

Immune – Protected from an illness, either because a person has had the illness before or because they have received a vaccine.

LOOK AFTER
YOURSELF